• Primary cardiovascular (CV) prevention may be achieved by lifestyle/nutrition changes: according to European guidelines, subjects at low CV risk should not undergo pharmacological treatment.

• Nutraceutical compounds, specifically formulated with ingredients proven to be suitable for the control of CV risk factors such as hyperlipidemia and hypertension, are being proposed to bridge the gap between simple lifestyle changes (e.g. diet and physical exercise) and the onset of a pharmacological treatment.

• The aim of this study was to investigate the efficacy and safety of a nutraceutical formulation (Armolipid Plus®), not only in improving lipid profile but also in lowering blood pressure (BP) values, when added to diet and lifestyle management versus diet alone in a group of patients with hypertension and hypercholesterolemia with low CV risk.

• Armolipid Plus was safe, well tolerated and effective in reducing mean 24 h systolic blood pressure and 24 h pulse pressure, and in improving lipid pattern.